

7 Flags Fitness Center

Visit our Web site at www.7flags.com

Exciting Rates from 7 Flags Fitness for State of Iowa Employees

7 Flags Fitness & Racquet Club, 2100 N.W. 100th Street, Clive, IA 50325 is ready to help State of Iowa Employees reach their fitness goals. Fitness will make you feel better, have more energy, sleep more soundly, look better, and simply become healthier. We at 7 Flags are committed to our clients; from your Initial Health & Equipment Assessment to our Six-Week Reevaluation (free with membership) our staff will be there for you. This is what we have to offer our members.

- Excellent Hours - Monday - Thursday 5:00 A.M. - 11:00 P.M. Friday 5:00 A.M - 9:00 P.M., Sat: 7:00 A.M.-7:00 P.M., Sun: 8 A.M. to 7:00 P.M.
- Cardio Media Room - 16 TV's, 3 Radio Stations, 3 CD & 2 Cass Players (Cross trainers, Elliptical Trainers, Treadmills, Stairmaster, Recumbent Bikes)
- Indoor/Outdoor Heated Pools (Outdoor pool open May-October)
- Whirlpool, Steam and Dry Sauna
- Indoor/Outdoor Tennis Courts (5 Indoor Courts, AC/Heated with indirect light. 6 outdoor courts) (USPTA instruction by Tylor Schlader: CARDIO TENNIS, LESSONS AND CLINICS!)
- Personal Training *Group and 1-ON-1 Training (3 Female Trainers, 9 Male Trainers)
- Basketball, Volleyball, and Soccer (1 Full Basketball court and 1 half court)
- Advanced Training Center/ Extreme Room (Hammer Strength)
- Weight Training Area (Universal, Icarian, Paramount, Strive (Target Loading) Nautilus, Abench, Situp Master)
- Women's Perfect Fit (Ladies only facility with equipment sized for the female body. A non-intimidating complete exercise facility for Women Only!)
- Indoor Cushioned Running Track with pace lights
- Group Exercise Classes (Step, Step & Flex, Power Play, Water Aerobics, Spinning, Cardio Kickboxing, Body Flex, Body Sculpt, Yoga/Pilates, Power Yoga, Tai Chi: FREE WITH MEMBERSHIP!)
- TLC Nursery / Kids Gym
- Men's/ Women's Locker Rooms, Family Locker Area, Men's Executive Locker Room
- Massage Envy (1 hour massage, 1 1/2 hour massage and Chair massage available)
- Martial Arts with Master Phelps (Adult/Youth Tae Kwon Do, Olympic Sparring)
- Tanning (4 beds: 2 high pressure, 2 low pressure)
- Towel Service/ Same Day Dry Cleaning by Victoria Cleaners
- Salon 7 (Hair Salon, Cosmetic Procedures)
- Say Hello to Joe's Internet Cafe (protein shakes, smoothies, sandwiches, supplements!)

DEDICATED STAFF, COMMITTED TO HELPING YOU REACH YOUR GOALS!

Special Rates for State of Iowa employees!

7 Flags Fitness and Racquet Club

State Single Rate: **\$99.00** enrollment fee + **\$29.95/month**

State Couples Rate: **\$128.00** enrollment fee + **\$39.95/month**

State Family Rate: **\$166.00** enrollment fee + **\$59.95/month**

Get started on your path to a healthier you! Call 515 278-8888 Ext #1, and ask for a sales counselor.